

*Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'*

*For I, the Lord your God, will hold your right hand, Saying to you, 'Fear not, I will help you.' (Is. 41:10,13)*

*God is our refuge and strength, A very present help in trouble. Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; Though its waters roar and be troubled, Though the mountains shake with its swelling. There is a river whose streams shall make glad the city of God, The holy place of the tabernacle of the Most High. God is in the midst of her, she shall not be moved; God shall help her (Ps. 46:1-5)*

# Lord Help Me!

So we may boldly say:

*"The Lord is my helper;  
I will not fear.*

*What can man do to me?"*

Hebrews 13:6

- Get to heaven
- Increase my faith
- With feelings of inadequacy
- Be a good steward
- Seek the lost
- Know You
- Teach my children
- Trust in my salvation
- Navigate life's transitions
- To wait on You
- Understand what matters
- Encourage others

*“Our soul waits for the Lord;  
He is our help and our shield”*



- **Guidance** (Psalm 25:5; Ps. 106:3)
- **Deliverance** (Ps. 33:19-20)
- **Answers** (Ps. 37:7-11)
- **Strength** (Is. 40:31, 30:15; Ps. 27:14, 33:16-17)
- **Assurance** (Ps. 69:3, 25:3, 62:1-2)

# How does the Lord help?



## ➤ His Word

- Waiting is made easier by letters from “home”
- *“I cry for help, I hope in your word”* (Ps. 119: 147)
- The word of God brings life (1 Pt. 1:23)
- *I wait for the Lord, my soul waits, and in His word I do hope”* (Ps. 130:5)

# How does the Lord help?



## ➤ His Witnesses

- We are surrounded by a great cloud of witnesses (Heb. 12:1)
- We can endure because others are watching and pushing us
- We are not to be “casual observers” (Gal. 6:2)

# How does the Lord help?



## ➤ His Angels

- They are *“ministering spirits sent forth to minister for those who will inherit salvation”* (Heb. 1:14)
- *“The angel of the Lord encamps all around those who fear Him, and delivers them”* (Ps. 34:7)
- The angels are interested in your salvation! (Lk. 15:10)

# How does the Lord help?



## ➤ His Holy Spirit

- We need the help that the Holy Spirit can give (Rom. 8:26)
- I am strong because of the influence of the Spirit of God (Eph. 3:16)

# How does the Lord help?



## ➤ His Son

- He is advocating for us (1 Jn. 2:1)
- I can *“find grace to help in time of need”* (Heb. 4:14-16)
- Whatever problem, doubt, fear-I can find grace and wait in hope for the promise of God